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MAY DAY SCORNED LEADER'S **RALLY TOUR HITS HRM** THIS WEEKEND (page 3)



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Thursday, April 7, 2011 www.metronews.ca



News worth sharing.



No one hurt in Bedford crash

A three-vehicle collision on the Bedford Highway near Shore Drive yesterday resulted in no serious injuries. Police are still investigating the cause.

Reacting to tragedies

• Parents, teachers, police and mental-health professionals to take part in task force • Group to give recommendations by December

Two recent suicides and public outcry on cyber bullying has prompted the province to create a task force.

"The events of the past week are a stark reminder that we ... have much more to do to safeguard our children. Nobody wants to be a victim of bullying," Education Minister Ramona Jennex said in Province House yesterday.

Courtney Brown, 17, of Parrsboro killed herself last week and Jenna Bowers-Branton, 15, of Truro committed suicide in Janu-

Parents of both girls said their children were bullied online.

The Nova Scotia Parents Against Bullying group is pushing for legislation they call Jenna's Law which would require bullies to receive counselling.

'The government cannot stop all bullying with a change in

policies. We recognize that," said Jennex. "But we have an obligation to bring people together to find solutions that help children and families to remain safe from bullying."

The task force, headed by Hammonds Plains-Upper Sackville MLA Mat Whynott, will look into cyber bullying and strengthening school policies

It will also include representatives from the Department of Justice, the Department of Health and other stakeholders. Jennex told reporters the province will then take immediate action after the task force delivers its recommendations in December.

"I think the task force is going to be good. It's ambitious, with a short time frame," said Alexis Allen, president of the Nova Scotia Teachers Union.

She said she particularly likes



"We need to hear from youth and their lived reality."

EDUCATION MINISTER RAMONA JENNEX

the fact different departments will be involved.

"If a child is a bully, there's often a reason. We know that as teachers, but it's hard to get to that reason.

◎ JENNIFER TAPLIN/WITH FILES FROM ALEX BOUTILIER



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BEST

Mayors support hydroelectric project

The Lower Churchill hydroelectricity project was an easy sell at the Atlantic Mayors Conference in Halifax yesterday. "This project will gener-

ate much more than clean, reliable energy," said Mayor Peter Kelly in a release. "It will generate thousands of jobs and a renewed spirit of regional co-operation."

In November, the premiers of Newfoundland and Labrador and Nova Scotia signed an agreement for sub-sea cables to carry hydroelectricity from Muskrat Falls in Labrador to Nova Scotia and beyond.

Rick Jenega, president of Emera in Newfoundland and Labrador, and Derrick Sturge, chief financial offi-

Agreement

Project Nalcor Energy and Emera have an agreement to have the first phase of the project going by 2017. cer for Nalcor Energy, explained the benefits of the project to the mayors yesterday morning.

Happy Valley-Goose Bay Mayor Leo Abbass and Fredericton Mayor Brad Woodside offered a motion yesterday to support the project and urge its earliest possible completion. It was approved. • JENNIFER TAPLIN





Green party leader 'rallies for democracy'



More than 110,000 names on website petition over exclusion from leaders' debates: Elizabeth Mav



It doesn't matter if you bleed green, Tory blue, Liberal red, or NDP orange. Elizabeth May wants everyone to come out in what calls supporting democracy.

The federal Green party leader is holding five "rallies for democracy" across the country over the next five days, including in Halifax on Saturday from noon to 1 p.m. at Sackville Land-

This, she said, after all efforts to be included in next week's two national leaders' debates came up

May is hoping to raise Green party support at the rallies, but also said yesterday people of all political parties and backgrounds are welcome to come talk about what really matters to Canadians.

"I'd love to see all people come - see NDP and Liberal and even Conservative candidates if they feel like coming," she said in a phone interview yesterday. "We'll give them the microphone. This is about democracy."

From what she can tell, Canadians across the country are angry about the con-sortiums decision to hold her out of the debates.

May said she has been overwhelmed by the response from Canadians, especially online and from prominent people, including former prime ministers Joe Clark and Paul Martin.

Rallies

Cities Where the rallies are: today in Toronto. tomorrow in Montreal. Saturday in Halifax, Sunday in Hamilton, Ont., Monday in Vancouver.

"It's a very long list of Canadians who think this is outrageous," she said.

May was also not invited to the debates back in 2008 before public outcry demanded she be allowed to partake.

So May hasn't lost all hope when it comes to getting in and several options are in the works, she proclaimed.

"Stay tuned is basically all I can say.'





On the web at metronews.ca



The greenhouse roof of a **Montreal office** building is a new home for farm-fresh vegetables. Video at metronews.ca.





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ACTIVITIES FOR KIDS

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Magic to cruise into Halifax next year

Saint John, N.B., is the other Canadian stop for Disney Cruise in 2012 Close to 20,000 passengers will visit Halifax on the Disney Cruise Line





With a dash of Tinkerbell's pixie dust, a Disney cruise ship will magically appear in Halifax next year.

Disney Cruise Lines announced yesterday Halifax will be a stop on its fivenight cruises departing New York in 2012. The Disney Magic, with a capacity for 2,400 passengers, will stop in Halifax nine times.

'It's just exciting for Nova Scotia and for Halifax to showcase our destination

for another great line," said Cathy McGrail, manager of cruise development with the Halifax Port Authority.

McGrail said this cruise line is one of the many the Port has tried to lure to Halifax. She added they're working to ensure Disney Cruises will continue to stop in Halifax past 2012.

Disney Cruises is selling the trips as a journey up the New England coast with two Canadian stops. Tickets are selling at \$715 US per person for a standard stateroom, based on double oc-

"In these popular Canadian ports, guests can soak in splendid natural vistas, explore historic sites, visit quaint cafes and charming shops, and browse Canada's oldest farmers' market," the company said in a statement.

Disney Cruise Line President Karl Holz said he's pleased to offer customers the "magic" of Halifax.

"We believe our guests are going to love this experience," he said in a release.

The family-centred cruises feature on-board entertainment and, of course,

This season

- The Port of Halifax has 19 cruise lines calling in 2011.
- Between 230,000 and 240,000 passengers (on board 126 vessels) are expected to visit Halifax.

the beloved Disney charac-

"One of the most exciting things about Disney is they create a Disney experion board ship and the various destinations they come to," McGrail said.

In tribute

Posts on Twitter say donations in Chris Doyle's memory can be made to any organization helping the Halifax homeless.

Navy posts may move east

The navy is reorganizing and it could mean Pacific command posts moving to Halifax.

Media reports suggest the navy is debating moving command of the west coast fleet at CFB Esquimalt to Halifax.

Lt.-Cdr Brian Owens, a navy spokesman in Ottawa, wouldn't confirm moving command to Halifax is a specific option they are considering.

"In conjunction and aligned with the current Canadian Forces transformation process, the navy is conducting a review of its organizational and operational structure," he said in an email to Metro yesterday. "Once the review has

Fleet details

On its website, the Canadian Fleet Pacific says it has:

- Five Halifax-class frigates One Iroquois-class air defence command and control destrover
- One Replenishment vessel
- Six Maritime Coastal Defence Vessels
- One Victoria Class submarine

been completed and options identified it will then follow the appropriate approval process prior to possible implementation.

He said there is no firm date set for the navy to complete its organizational review. • JENNIFER TAPLIN

WATER QUALITY SAMPLING

HRM lakes tested for bacteria

Fifty-one lakes in HRM will be tested for water quality today.

Helicopters will collect the majority of the samples, however some smaller bodies of water will be collected by boat.

It will be the fourth time since 1980 for the tests, each coming a decade apart.

"Basically, a bunch of different fisheries conduct a one-day sampling effort to see what exactly is in the water," said Cameron Deacoff, environmental performance officer from HRM.

He said they do this to make sure fecal coliform levels, among many other things, stay below the recommended amount.

If the levels get too high, some lakes will not be recommended for swimming.

Deacoff said a report of data will be released after tests are conducted to let the public know the amounts of certain bacteria in each lake.

The municipality will be continuing these tests to monitor the overall water quality of the lakes.

LAURA WARREN

Business index slips

More Nova Scotian entrepreneurs are feeling the glass is half empty.

The Canadian Federation of Independent Business released its March Business Barometer yesterday. While the national numbers are holding steady, small business owners in Nova Scotia reported some of the lowest optimism rates in the

The provincial index for March is 62.5, down from

New face to lead King's

The University of King's College has announced Anne Leavitt as its next president and vicechancellor.

Leavitt will be the 23rd president in school history and will take office on Aug. 1. In a release, Leavitt says she is honoured to serve as King's next president.

Leavitt succeeds Dr. William Barker, who was president for eight years and is stepping down June 30. **⊚ метко**

Clyde Street loses its longtime 'Pirate'

Twitter was chirping with tweets yesterday morning about the death of one of Halifax's well-known citi-

Chris Doyle, nicknamed by many as the "Clyde Street Pirate," passed away from a heart attack this week.

"A little bit of Halifax folklore is gone," @gerglawson wrote on Twitter.

Staff at the Nova Scotia Commission on Street confirmed

Dovle's death vesterday. Doyle spent most of his days outside the liquor store. Staff said he was around "for a long time," but didn't know the exact number of years.

⋒ LAURA WARREN





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New care centre to ease overcrowding

A key piece of the Nova Scotia government's attempts to relieve pressure on overcrowded rural emergency rooms was touted by Health Minister Maureen MacDonald yesterday as a way of also delivering primary health care more efficiently.

MacDonald was joined by Premier Darrell Dexter in Parrsboro to announce the first collaborative emergency care centre that was funded in Tuesday's budget. It will open in the town in July. The centres are essentially one-stop clinics that can see patients through same-day or next-day appointments and can handle most medical problems that aren't life-threatening emergencies. They were a key recommendation in a report released last fall by Dr. John Ross, who examined the province's chroni-



Announced

➤ The Parrsboro centre will provide access to primary care between 8 a.m. and 8 p.m., while the local hospital's emergency department will be staffed by a paramedic with oversight by an on-call doctor between 8 p.m. and 8 a.m.

cally stressed emergency rooms.

MacDonald said the idea is to take pressure off emergency departments through clinics staffed by teams of doctors, nurse practitioners and paramedics.

She said Parrsboro is an ideal site because the local emergency room was closed for 525 hours in 2010-11 and 1,277 hours in 2009-10, while there were instances where patients had to wait up to three weeks or more to see their family doctor.

Meanwhile, of the 632 people who visited the emergency room last year, MacDonald said only 1.1 per cent had a severe or lifethreatening injury.

"Essentially this community is ready for this change," she added.

The government is spending \$200,000 to allow the collaborative practice already in operation to extend its hours.

THE CANADIAN PRESS



Opposition takes aim at NDP over staffing figures

Full-time equivalent positions not the same as full-time employees: Deputy premier Frank Corbett



Opposition MLAs are accusing the governing NDP of fudging staffing projections to ensure they look good next budget season.

The budget tabled by Finance Minister Graham Steele on Tuesday featured a projection of 10,782 fulltime equivalent staff for this fiscal year. That's down from last year's estimate of 10,813.

But it's 620 more staff than listed in this year's budget.

"They've inflated every

"What (the NDP is) doing is hiding that inside (the budget) to give themselves some wiggle room."

expense side of this budget and low-balled the revenue side to give themselves ample opportunity to try to come in under the expenses of the province," said Liberal Leader Stephen McNeil.

The Liberals say the figure is actually a cushion of tens of millions of dollars, one that will be used to bring in a lower-than-projected deficit next year.

Progressive Conservative Leader Jamie Baillie, on the other hand, views the numbers as proof the NDP is growing government — contrary to their plan to cut 1,000 positions through attrition by 2013.

But deputy premier Frank Corbett, the minister responsible for the civil service, says it's more complicated than that.

"It's very fluid. You've got people coming and going all the time," Corbett said yesterday. "Earlier today it was asserted that it was like 600 people. It's too complicated just to say it just straight up that way."

Assistance program changes will aid university students

The province's re-jigged assistance program will mean some relief for university students borrowing the maximum amount for their education

The province introduced a debt cap into their student assistance program in Tuesday's budget.

That means that any stu-

\$39 K The average student on assistance accrues over a four-year degree in Nova Scotia.

dent borrowing more than \$28,560 over a four-year undergraduate degree will have their additional government loans forgiven. To qualify for a Nova Scotia student loan, the student would have to exhaust their federal student loan — \$28,560 — first. So to put it another way, any loan given by the province above and beyond the federal contribution — up to \$15,232 over four years — will be forgiven. • ALEX BOUTILIER



Search continues for missing ma



The search for a missing Halifax man was scheduled to continue today in the Crystal Crescent Beach area and police say they have not given up hope of finding Peter (Pete) White.

The 46-year-old has been missing since Sun-

"We are working on the premise that we're still hopeful that Peter can



be found alive and well," Halifax

spokesman Const. Brain Palmeter.

White was known for taking long bike rides and was reported missing on Monday at 1 a.m. after failing to return from one.

A family member located his bike in the Crystal Crescent Beach parking lot. Police said yesterday the search was to continue into last night so that a full and thorough search is done.

"Obviously we're also

looking to the public in case there's other avenues we should be looking at," said Palmeter.

To date, more than 100 people have been involved in the search.

Search and crews from Halifax, Eastern Shore, Musquodobit, Hants East and West, Lunenburg and Colchester county have been involved, as well as the coast guard and the Department of Natural Resources.



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Iggy boots one, questioners put boots to Harper

- Ignatieff dumps candidate who called aboriginals 'featherheads'
- Why are Tories ejecting some voters? Rooms are too crowded, says PM





A Liberal candidate in Quebec who once described aboriginal people as "featherheads" and questioned their work ethic was dumped yesterday.

The Liberals swiftly jettisoned Andre Forbes, a faint-hope candidate in a northern Quebec riding where they placed a distant third in the last elec-

Forbes got the boot after leader Michael Ignatieff was questioned about the candidate's previous role as founder of a group called the Association for the Rights of Whites.

"The reported remarks of this candidate are utterly unacceptable," Ignatieff said. "They do not reflect Liberal values."

Forbes is also a member

"I think we're having good success getting people to come out."

STEPHEN HARPER

of Metis Côte-Nord, a group that has denounced 'special treatment" for minorities.

Meanwhile, Prime Minister Stephen Harper took heat for his own party's

ejection tactics.

For a third straight day, he was questioned about why people with perceived links to the Liberals or NDP are being kicked out of his events.

His reply: Because the rooms are too crowded.

"Far more people come out to hear us than the other guys have," Harper said in Markham, a vital battleground.

THE CANADIAN PRESS

He wants a Mideast revolt — in Canada

The first commander of Canadian forces Afghanistan says Canada's democratic system is not working and needs an overhaul like that taking place in the Arab world.

Pat Stogran urges young Conservative Canadians to get involved in the political process and engineer change.

Stogran left his job as ombudsman amid controversy over the

government's treatment of former soldiers.

He says Canadians are "sick of our democracy" the way it now functions, and know nothing will change once the promises are made and ballots are

Stogran wants "grassroots movements like we saw in Cairo, Tunisia and Libya." THE CANADIAN PRESS

TV DEBATES

12-minute bout for **Ignatieff**

Michael Ignatieff will get the one-on-one showdown he wants with Stephen Harper -

Iggy will face off against the prime minister for a total of 12 minutes in next week's

nationally televised campaign debates.

All four leaders will get face time with each of their opponents during Tuesday's English debate and the April 14 French debate — both of which are returning to a more traditional format.

Gone is the round table from the 2008 debates that was supposed to liven up the discussion. The lecterns are back.

THE CANADIAN PRESS

Nelly's tweets music to young voters' ears?

Furtado launched a Twitter campaign to encourage young people to vote in the federal election.

The 32-year-old Victoria songstress has tweeted about almost nothing else in the past week.

She's dished out tips to students who will be voting outside their riding, linked out-of-country citizens to forms on the Elections Canada website and has reminded her nearly two million followers non-democratic about countries where citizens aren't allowed to vote.

The Promiscuous singer also encouraged her fol-

lowers to get educated on the issues, and provided other helpful tips.

She tweeted yesterday that those who are working on election day are legally allowed to take three hours away from the office to cast a vote.

THE CANADIAN PRESS

Layton on health: Be verv afraid

NDP Leader Jack Layton says the shape of the health-care system for decades to come will be decided by who is elected on May 2.

If Prime Minister Stephen Harper "is in charge of the future of health care in our country then Canadians should be very, very worried," Layton said in rural B.C.

He added: "They want to leave it to the provinces knowing the provinces don't have the resources that are necessary.' THE CANADIAN PRESS

Catholics cite clash with Easter

Catholic bishops are concerned that advance polling days fall over the Easter weekend.

The president of the Canadian Conference of Catholic Bishops has written to the chief electoral officer asking him to accommodate Catholic staff or volunteers.

Bishop Pierre Morissette says Catholics who are Elections Canada staff and volunteers have expressed concern about having to work on those

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Slasher flick stunt blamed in slaying

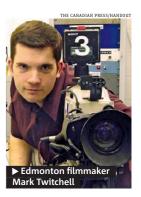
- Court told man killed in film stuntFilmmaker has pleaded not guilty
- An amateur filmmaker admitted yesterday he lured a total stranger to a garage, knifed him to death, cut up the body and dumped it down a sewer, but in self-defence when a movie publicity stunt went wrong.

"Events spiralled out of control in a way he didn't expect, and Mr. (Johnny) Altinger lay dead or dying on the floor," Charles Davison said as the defence opened its case yesterday. Mark Twitchell, 31, is charged with the firstdegree murder of Altinger on Oct. 10, 2008. He has pleaded not guilty.

The Crown has argued that Twitchell lured Altinger to a residential garage that night, killed him and hacked up the body to match a movie shot in the same garage by Twitchell and his buddies two weeks earlier.

After Davison spoke to

the jury in his opening address, Twitchell took the stand and said the movie, called House Of Cards, gave him an idea that eventually got out of hand. The eightminute slasher flick revolves around a philandering husband who goes to meet a woman he met online. But he is instead abducted by a mysterious man in a hockey mask and later killed with a samurai sword. THE CANADIAN PRESS



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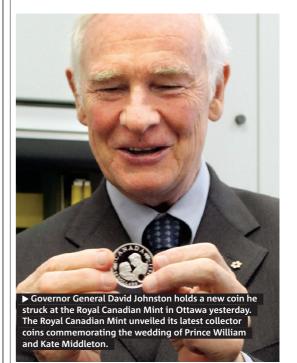
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FRED CHARTRAND/THE CANADIAN PRESS

Royal coins salute wedding

The Royal Canadian Mint has unveiled a pair of collector coins commemorating the wedding of Prince William and Kate Middleton.

The two coins marking the planned April 29 royal nuptials — a \$20 silver coin and a 25-cent piece — go on sale April 18 and May 2 respectively, but the mint is taking orders now.

The design of the \$20 coin, created by portrait artist Laurie McGaw of Guelph, Ont., includes an engraving of William and Kate gazing lovingly into one another's eyes.

Embedded in the coin is a sapphire-coloured crystal, reminiscent of their 18carat engagement ring worn by Kate. The coin is also engraved along its edge with HRH Prince William and Miss Catherine Middleton in English and French, and there is also a heart hidden among its maple leaves.

THE CANADIAN PRESS

Nickel-plated

The coloured photo reproduction of the royal couple is based on a photograph taken at a wedding of a friend in Austria.

- The nickel-plated 25-cent piece will cost \$25.95.
- The \$20 silver coin is limited to 25,000 worldwide and will retail for \$104.95.

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THURSDAY, APRIL 7, 2011



Gbagbo under fire

▶ Ivory Coast strongman defiant as fighting rages at his doorstep ▶ His soldiers seen abandoning posts

Heavy arms fire rang out yesterday near the home of the country's strongman who remained holed up in a subterranean bunker, as forces backing his rival assaulted the residence to try to force him out, diplomats and witnesses said.

Forces protecting Laurent Gbagbo appeared to rally last night, pushing back the armed group fighting to install democratically elected President Alassane Ouattara.

A spokesman for Ouattara's fighters, Yves Doumbia, said their forces breached the gates of the ruler's compound, only to be repelled by arms fire.

"We retreated but we are preparing for a second assault," Doumbia said by telephone.

Gbagbo has suffered debilitating losses in the past two days. United Nations Mi-24 helicopters attacked and destroyed his arms depots on Monday. On Tuesday, his soldiers were seen abandoning their posts across the city, some rushing inside a church to tear off their uniforms and

Political rivals

Gbagbo, 65, a former history professor, appears to have calculated his rival's weakness.

- Opponent Alassane Ouattara knows he needs to take Gbagbo alive in order to maintain international support and avoid further alienating the 46 per cent of the electorate that voted for Gbagbo in last year's election.
- Gbagbo refused to accept defeat to Ouattara last year and took his country to the brink of civil war in his bid to preserve power.

dump their weapons before discreetly exiting in civilian clothes.

A spokeswoman for Ouattara said on France-24 television that the forces would eventually succeed in forcing out the leader who has refused to cede power after losing a November election.

THE ASSOCIATED PRESS

PRICEY DIVORCE

It costs to unwed in Romania

The Romanian town of Sangeorgiu de Mures, where many of the 8,000 residents are Catholic, is charging an astronomical 10,000 lei (\$3,370) for divorces — 2,000 times more than what it would cost in Bucharest, the capital.

Several months ago, a new law went into effect allowing some couples to be divorced by town hall officials. Each municipality can set the fee, and huge discrepancies have emerged.

THE ASSOCIATED PRESS

Does size matter in politics?

A New Jersey four-year-old shown complaining on a YouTube clip because he is "too small to be the governor" can stop crying.

Gov. Chris Christie signed a proclamation yes-

terday making Jesse Koczon the state's honorary governor for the day.

THE ASSOCIATED PRESS

"People gave plenty of reasons why I couldn't be governor, though being too small wasn't one of

them." GOVERNOR CHRIS
CHRISTIE RESPONDED ON TWITTER



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CORPORATE TAX CUTS

Take the money and run?

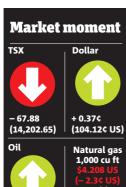
Companies that reaped the most benefit from a massive tax reduction over the past decade underperformed on job creation, the Canadian Centre for Policy Alternatives says. The finding appears to undermine the Conservatives' rationale for corporate tax cuts.

The Ottawa think-tank tracked the job-creation

record of 198 of Canada's leading companies from 2000 to 2009. During that period they reported a 50 per cent increase in profits and paid 20 per cent less in taxes. But from 2005 to 2010. employment at those companies grew by five per cent, less than the six per cent overall average.

Private sector economists argue that reducing corporate taxes makes Canadian firms more competitive, resulting in more jobs. But the CCPA says the companies studied mostly pocketed





(\$108.83 US)





Higher food costs expected to hit restaurant meals by the fall

As higher prices percolate at the country's largest cofchain, Canadians should brace themselves to pay more for restaurant meals as well, experts say.

Tim Hortons customers will pay seven cents more for a large cup of coffee starting Monday. That brings the cost to \$1.57 plus tax. With the price of wheat rising 68.4 per cent over the past year, Tim's is also hiking the cost of some baked goods, spokesman David Morelli said.

Tim Hortons' 4.5 per cent coffee-price increase is in line with predictions that suggest a five to seven per cent boost in the price of food by the end of the year, said Adrienne Warren, senior economist at Scotia Bank.

The price of coffee, cocoa, wheat, sugar, beef and other commodities started rising about nine months

ago, and it takes about that long for costs to work their way down to consumer wallets, she said. The higher price of oil and gas used to deliver food adds to the price Canadians pay.

"Once the costs increase at the wholesale level and the grocery-store level, you can expect some to pass through to restaurants as well," she said.

Some major Canadian food manufacturers are also charging more.

Maple Leaf Foods raised its bakery prices by 20 cents per unit at the end of last month, and breadmaker George Weston Ltd. is charging five per cent more for its products.

Warren said the intense competition at grocery stores means retailers have been eating the rising costs, but they can't do it for much longer.

THE CANADIAN PRESS



Loonie wobbles amid Euro debt crisis

Canadian dollar closed higher yesterday but well off early peaks as the European debt crisis took a new turn.

(+ \$6 US)

The loonie was up 0.37 of a cent at 104.12 cents US after surging as high as 104.5 cents US, its highest level since November 2007 as the U.S. dollar weakened.

The European debt crisis was sharply in focus late in the afternoon after

Portugal's prime minister said his country will ask for a bailout owing to its high debts and difficulty raising money on international markets.

Portugal becomes the third financially troubled eurozone country, after Greece and Ireland, to request assistance from Europe's bailout fund and the International Monetary Fund. Analysts expect Portugal will need up to



80 billion euros (\$110 billion).

At home, the news is brighter as traders look ahead to solid Canadian employment numbers at the end of the week. Statistics Canada is expected to report tomorrow that the economy added about 30,000 new jobs last month. That data could further strengthen the currency.

THE CANADIAN PRESS

More employees made to bear | Quebec firm to pension-plan risks

Canadian companies are continuing to convert defined-benefit pension plans to less risky defined-contribution plans even as the economy improves, a survey by consultants Towers Watson suggests. 1013thebounce.com

A review of more than

150 pension-plan sponsors found that 51 per cent have converted their plans.

Under a defined-benefit plan, which guarantees employees a certain level of income upon retirement, companies shoulder the financial risk. Under a defined-contribution plan, employees carry the risk.

A drop in long-term interest rates and equity markets in 2008 forced many companies to increase their contributions for definedbenefit plans.

THE CANADIAN PRESS

make space rovers

Bombardier Recreational Products Inc. has won \$5.6 million in contracts from MacDonald Dettwiler and Associates Ltd. to help develop vehicles to be used on the moon and Mars.

In co-operation with the Centre de technologies

avancees BRP-Universite de Sherbrooke, BRP will develop the chassis and locomotion systems for a Lunar Exploration Light Rover and a Mars Exploration Science Rover. Three vehicles will be developed and built at the CTA. THE CANADIAN PRESS



For April 6th

Bruno Mars - Lazy Song

Britney Spears - Till The World Ends

Tinie Tempah - Written In The Stars

Alyssa Reid - Alone Again

Classified - That Ain't

Jennifer Lopez ft Pitbull - On The Floor

Jessie J ft B.o.B -Price Tag

Ke\$ha - Blow

Classy



FIGHTING THE GOOD FIGHT

Because your partner is so often wrong, conflicts are a normal part of any relationship.

f you never argue, your relationship may have fundamental problems — such as an imaginary partner constructed from the shattered pieces of your psyche. Or a dead partner who, to you, just looks a little blue. Nobody wants to argue. But it's inevitable. Observe two typical arguments that come up between every couple.

Problem No. 1: She is upset because he left the toilet seat up, causing her to extend her arms for a moment to put the lid down. He counters that she leaves the lid down all the time, reducing his target area, then complaining when his aim falters.

Problem No. 2: He is upset because he wants to see the action flick Terminal Explosion 2 while she wants to see Love In The Time Of Whooping Cough. They compromise by seeing Last Airbender 2: The Second-Last Airbender and both go home miserable.

As you can see, the only possible solution is a good argument. That's why I have prepared the following guide for fighting the good fight. You're welcome.

Know your place: Sometimes it's best to hold your fire, even when you are right. For instance, never say, "That is the ugliest wedding dress I've ever seen" unless you are well in front of the congregation.

Take time outs: This allows your partner to think about just how wrong they are. Then, when they have relaxed, you pounce.

Use laughter: Make light of your partner's clothing, hair, or speech impediment to diffuse the tension, then watch the love grow.

Avoid broad statements: Never use broad, sweeping statements like, "I hope you burn in hell!" Instead, try more specific, realistic statements like, "It is my great wish that you will spend the rest of your life in a Saudi prison." From here, the healing can begin.

Yell: Screaming at the top of your lungs is a way of letting your neighbours know that you are so confident in this particular argument that you are willing to share its finer points with the entire neighbourhood, that they might scrutinize them.

Practise: You will never get good at bickering unless you do it every day.

Be prepared: If it's the male causing the problems — and it is — then couples may want to reduce the chance of injuries by purchasing a Nerf-brand Throwing Shoe.

And that's my advice. The only other tip I might give is never go to sleep angry. Every satisfactory argument should have a proper ending, much like a proper newspaper column.

So there.

Read more of John Mazerolle's columns at metronews.ca/hesays

Lady Gaga to guest edit Metro May 17 editions

International pop superstar Lady Gaga will be Global Guest Editor-in-Chief for all May 17 editions of Metro ahead of her highly anticipated Born This Way worldwide album release May 23.

In her role as Global Guest Editor-in-Chief, Lady Gaga will highlight issues surrounding equality and individuality, select stories and provide her comments on the breaking news of the day.

Lady Gaga will edit Metro's editions in 20 countries from the London office of Metro World News, Metro's central news desk.

As part of the Global Guest Editorship, Metro will also run a competition where one lucky reader — from one Metro country — will be chosen to serve as Lady Gaga's editorial assistant in London.

Contest

Stay tuned to Metro and metronews.ca for more details on how to enter the contest and for exciting exclusives from Gaga.

The contest is open to Metro readers and Gaga fans around the world, and will challenge entrants to share what makes them Born This Way, and to identify what issues of equality affect them.

"Let's see how fans would define what Born This Way is for them," Lady Gaga said. "I say I was born to be brave.

"That's part of my mission in life. I was born to follow my artistic visions. Look into yourself. Are you born to be brave?"

METRO

Tweets

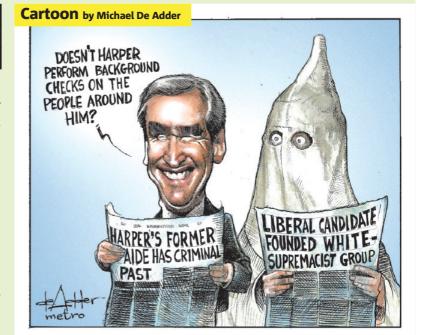
- @ElizabethMay: Join us from coast to coast! Rally for democracy in TO, MTL, Halifax, and Vancity!
- @MWEcology: Mayors from Atlantic Canada cities in Halifax to talk climate change, energy development
- http://bit.ly/f33Fpv

 @bradfordml: The
 weather in Halifax
 changes like a person
 with wild mood swings.
- ▶ @J_Cousins: Dear#Halifaxweather. Please maintain some sort of consistency with weather more like today.
- ► @taytayswan: Leafs are officially out of the playoffs, and the NSLC Pirate has died. It's a sad sad day.
- #Leafs#NSLC#Halifax

 @gerglawson: Chris
 Doyle, the Clyde St NSLC
 Pirate, has died of a
 heart attack. A little bit
 of Halifax folklore is
- ► (HA HA)

@HeritageMuse: Hmm, JaneGoodall is apparently in Halifax. She must be here to observe the monkeys in the provincial legislature./ ha!

• @CarolynBeer: Woke up wondering why I wasn't in Halifax. I always dream of the east coast!



#ELXN41: BE HEARD

Your chance to be heard this election

At Metro, we think conversations about the future of our cities are important.

Because of this, we would like the leaders of the federal parties to tell us about their vision for cities, and the role they think cities play within the federation.

Here's the plan: We're inviting the leaders of the five major national parties — Stephen Harper, Michael Ignatieff, Jack Layton, Elizabeth May and Gilles Duceppe — to respond to questions about urban issues.

Want to join the conversation? Send us your questions on Twitter at @metrohalifax, Facebook at facebook.com/metrohalifax or at metronews.ca/beheard.

We will send a selection of your questions to each party leader and print their responses in Metro on Wednesday, April 20.

On April 21, our urban affairs team will host an online chat about the responses, and the impact they could have on city life — and we would like you to join us for that, too.

CHARLOTTE EMPEY
EDITOR-IN-CHIEF



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James Franco has

yet another new undertaking: employee of The

Colbert Report.

appeared on the

Comedy Central

program Tuesday

and said he want-

THE ASSOCIATED PRESS

ed to work for host Stephen Col-

The actor

Pixies survive the test of time

◆ Alt-rockers celebrate their 20th anniversary with a tour that hits Halifax this weekend ◆ Band reunited in 2004 after breaking up in 1993

BACKSTAGE PASS

JENNA CONTER



Prospective is gained by taking a dramatic pause.
Much to the chagrin

of fans, for a band this commonly means disbanding.

ing.
Some — like The Police,
The Sex Pistols, and The
Beatles — never recover.

The Pixies, performing Saturday at the Halifax Metro Centre, managed to bounce back from bickering

ing.
"When you get older, you get wiser," drummer David Lovering tells me in an interview. "You're more cognizant of your faults as you grow as a human being and become less destructive."

The Pixies, an alternative rock band birthed in Boston, called it quits in 1993, missing out on the benefits of shout-outs from groups like Nirvana.

"We didn't know any better," Lovering says. "We



didn't know where we were in terms of our stature as a band."

The Pixies have returned. In 2004, letting bygones be bygones, they reunited and happily picked up where they left off.

"We all feel very fortunate to be back to it and we're touring as much as we can," Lovering says.

The 2011 tour cele-

Tickets

Tickets are \$62.25 and available through Ticket

brates the 20th anniversary of their third album Doolittle that includes popular songs Monkey Gone To Heaven and Here Comes Your Man.

"The songs still stand

the test of time and I hope we're representing them justly," Lovering says.

And in regards to keeping it civil on the road these days?

"We watch our Ps and Qs a lot more," he adds. "That's one thing you learn how to do when you get older. Everything is good now."

And no. I didn't ask about his career in magic.

AC/DC recreated note for note

Classic Albums Live takes classic albums and recreates them live, on stage — note for note.

Founded in 2003 by Craig Martin, Classic Albums Live has become the ultimate destination for music lovers wanting to hear the greatest albums performed live without all the gimmickry and cheesy

impersonations.

What: Classic Albums Live

- AC/DC

Where: The Schooner

When: Tonight, 8 p.m. Ticket Info: \$29, visit ticketatlantic.com.

JENNA CONTER

Mermaids galore at art show

Celebrate spring with the quirk and charm only Barry Colpitts can offer. Colpitts has been carving since 1989 and his work has become very popular with collectors throughout North Ameri-

Many of his carvings are of mermaids, or include mermaids. His brightly decorated house has become a popular attraction for local people and tourists alike.

What: A Flock of Seagulls

What: A Flock of Seagulls Art Exhibit

Where: Argyle Fine Art When: Saturday, 1 to 3:30

Ticket Info:: Free

JENNA CONTER







An amazing connection of man and bird

○ Brooklyn bullies first introduced Mike Tyson to pigeons • He's been in love ever since

A fancy for pigeons has made former heavyweight boxing champion Mike Tyson the baddest man on Animal Planet.

The ex-fighter with the nasty past and fearsome tattoo is the star of the six-part series Taking On Tyson that documents his life-long relationship with the most urban of birds and his passion for pigeon racing.

His love affair with the birds goes back to his childhood in a rough section of Brooklyn, N.Y., where he was picked on by other boys for wearing glasses and being overweight.

"One day I was walking around school and three or four guys approached me," Tyson recalled this week. "They started checking my pockets, asking for money and then they asked me: 'Do you want to fly with us?

"This was pigeon terminology I didn't know. I said OK because I didn't want them to think I was scared.

Pigeon passion

Taking on Tyson debuts in Canada on Thursday night at 9 p.m. ET on Animal

It takes Tyson back to his old haunts, including the roof of the building next to the New Jersey boxing gym where he once trained, and where he and some friends have kept pigeons since his fighting days.

The bullies sent Tyson from roof to roof, scaring pigeons back to their roosts, and doing other chores for an afternoon, then sent him on his way. They were surprised to see Tyson back again the next day, volunteering for more.

"That's how I started fly-ing pigeons," he said. He once said his first fight was with a boy who killed one of his pigeons.

A troubled youth and fre-

quent arrests led Tyson to a reform school in upstate New York, where a coach placed him under the wing of legendary fight trainer Cus d'Amato. The rest was history.

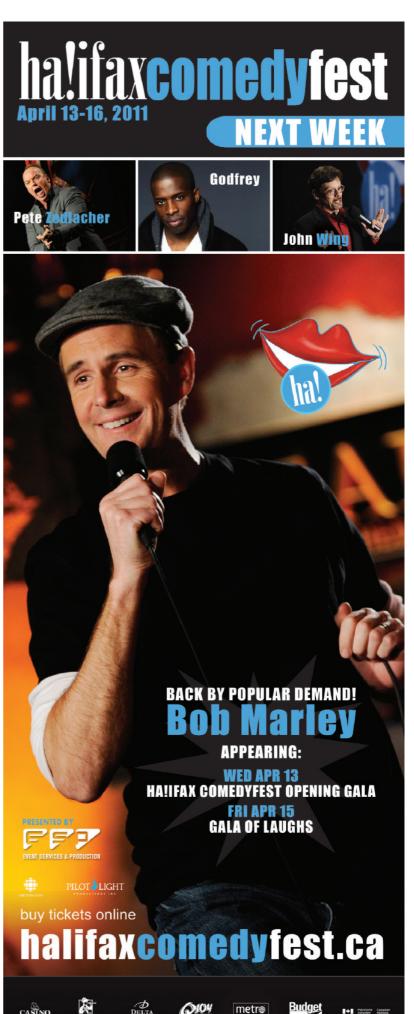
Tyson became known as Iron Mike and The Baddest Man On The Planet as the five-foot-10 muscular heavyweight pounded opponent after opponent.

Tyson's life later began

to unravel, as his conditioning and behaviour slipped after d'Amato's death. In 1991, he was sentenced to six years in jail for rape, serving three years. He retired from the ring in 2006.

Tyson calls pigeons "the first animal I ever connected with."

"How many people can get a job doing something they loved to do since they were a little kid?" he asked. "People all over the world are going to see it and it's going to broaden people's understanding of pigeons." THE CANADIAN PRESS



metr@dish metronews.ca

Angie and Brad: It really must be love

- Actress shows commitment in her usual form
- Means she's really ready to settle down?

Angelina Jolie sparked new adoption speculation when she showed up in Tunisia with a new set of map coordinates tattooed on her arm. The actress already has the coordinates for the birthplaces of her six adopted children, so a new set might suggest a new addition to the family, right? Wrong. Sources tell In Touch the coordinates are actually for partner Brad Pitt's birthplace in Oklahoma.

"She got the seventh line right around the time she and Brad moved the kids back to LA.," a source says. "Angelina has finally agreed to Brad's longstanding request to settle down."

METRO



Aniston has proposition for George Clooney

Jennifer Aniston is getting fed up with speculation about her love life, but she may have finally found a way to put an end to all of it: enlist Hollywood's other most famous unmarried star, George Clooney. "That would definitely shut up the world," she jokes to Red magazine. "I could call up George, say, 'Hun, let's just get hitched and have kids.' I should take George to lunch and we can figure out how to put an end to all this." • metro



Pregnant Mariah poses topless

Mariah Carey is just weeks away from giving birth to twins, and she decided to show the world by posing topless for Life & Style Weekly.

"I didn't want to miss this opportunity to document this once-in-alifetime experience," Carey tells the magazine.

"We didn't start shooting until 1:30 a.m. because I was in the hospital from the night before until the day of the shoot with contractions five minutes apart." • METRO

Federline solves baby problem

Kevin Federline and girlfriend Victoria Prince have had some confusion over the gender of the child they're expecting, but they didn't let that stop them from naming it. "[Victoria] said that if we were going to have a little girl, she wanted to name her Jordan. And then, we actually thought that it was a boy, but we stuck with the name Jordan because, you know, it fits both ways," Federline tells Us Weekly. "We just found out the other day that we're having a girl. So it worked out!" O METRO



Lohan to play Manson victim?

There's at least one person in Hollywood who's eager to work with Lindsay Lohan: Her friend and photographer Tyler Shields, who is planning a movie about Charles Manson. Shields says he's eyeing Lohan to play Sharon Tate, the victim of Manson's crazed followers. "Sharon Tate was a movie star. So I want [an actress who] you

already have a back story with. People have a back-story with someone like Lindsay," Shields, who plans on playing Manson himself, tells Entertainment Weekly. "I'm just going to be directing people to do the craziest s—they've ever done. I want this to really hit people in a really specific place."

Celebrity tweets





Acharliesheen.
Not just on twitter, I think
he's outside."

©charliesheen

"Dear Miley, Welcome
back to
Twitter! Always felt you
were epic... Now you
proved it! Thanks for the
love!"



Parents inspire Miley to restart relationship

Despite splitting up last August, Miley Cyrus is reportedly back together with her The Last Song costar Liam Hemsworth — and her parents calling off their divorce had a lot to do with it, according to Hollywood Life.

"Miley is so thrilled at her parents reconciling, and it made her stop and think, and realize that Liam is someone special in her life ... Now that their schedules are better suited for each other, they have been able to work it out," a source explains.

"Plus her parents trust Liam."

LIAIII. **() METR**(

How to pull off neon at work

▶ Day-Glo colours look great on the runway ▶ But in your little cubicle at work? ▶ We road test the season's eve-popping brights



If you're like me, Day-Glo colours conjure up images of a mixture of things — none of them particularly good. Think the synthetic hair on My Little Pony dolls, George Michael's short shorts in old Wham! videos, flickering Bud Light signs at gas stations and American Apparel leggings.

But in fashion, these cornea-popping brights couldn't be more "haute" courant. Think Christopher Kane's sublime laser cut leather and lace skirts in hot pink, Miu Miu's silk pleated dress in fluorescent yellow, or Jil Sanders bold florals. Blame them for all the candy colours you've been seeing in Zara, Top-





"The challenge: wearing brights in a way that looks chic and not MTV circa 1983."

shop, H&M and the like. The challenge: wearing brights in a way that looks chic and not MTV circa 1983. You're not going to an awesome '80s theme party, after all.

Right about now, you may be imagining your boss balking at the sight of a dress in go-to-hell yellow, a flagrant rebellion against the navy, black and tan of

nine-to-five world. Or someone on the train mistaking your neon orange blazer for a safety vest. Don't think about that.

This look can work in the office. There are several foolproof routes you can take. 1) The Small Doses Approach, in which you use neon as a pop of contrast against an otherwise sensibly coloured look. It could be as simple as a neon pink collar poking out from underneath the neckline of a respectable gray sweater, a fluo green belt cinching a nude coloured dress or a brazenly bright orange

manicure. And then there's option 2) The Whole Hog Method, in which you take a series of separates in different bold hues (a green pencil skirt, blue button down and yellow trench coat, for instance) and wear them all at once — fashion types like to call it colourblocking.

I've tried both at work and managed to even get a compliment from our hard-bitten news editor who rarely misses an opportunity to make fun of my fashion-loving ways. Nevermind that he followed the nice words up with this gem:

POP GOES THE COLOUR



MIU MIU shoulder bag

\$1095, miumiu.com



MARNI ballet slipper flats

\$500, marni.com



ILLAMASQUA nail polish

\$24, netaporter.com

"It's great and versatile. You can use it for cycling at night."

But even if he did crack wise, no worries. The most important rule when it comes to wearing a bold colour is to accessorize the look with your attitude. It's less about what others think of you in the outfit, and more about how you feel wearing it.



Beauty pick

Bobbi Brown Extra Repair Foundation SPF 25

Bobbi Brown's latest, Extra Repair, moisturizes, reduces lines and evens out skin tone with a formula that includes glycerin, vitamin E and evening primrose oil. It's so hydrating that depending on your skin type, you can skip your daily moisturizer when you wear it. • KENYA HUNT

BOBBI BROWN

\$55, bobbibrown.com



Princess Diana's famous dresses to hit the auction block in Toronto.



All yesses for these dresses

When Kate Middleton walks down the aisle later this month to marry Prince William, the would-be brides watching out there will almost certainly home in on her dress. Some wedding dresses leave a legacy beyond the next-day knockoffs. Here are some famous brides who set fashion trends. THE ASSOCIATED PRESS



Diana, Princess of Wales

A princess couldn't wear the prairie, bohemian bridal looks that closed out the '70s, and Diana's 1981 gown by Elizabeth Emanuel helped usher in an era of opulence and formality. The shoulders were exaggerated, the skirt full and the sleeves pouffy. The train was 7.6 metres long.



Her 2009 wedding wasn't a global news event, but her lace gown by Vera Wang became a sensation because it showed a fresh, feminine way to wear sleeves which had largely fallen out of favour. Trump's dress, with its illusion lace neckline, was inspired by Grece Kelly's, although this had a cleaner, more contemporary silhouette.



Kelly's gown, made by costumer Helen Rose and the wardrobe department of MGM, was "truly designed by Hollywood," says Martini Bratten. There was a high neckline, a cinched waist and a big ballskirt — all befitting a new royal. But the collar, sleeves and overlay were lace, so there was still a glimpse at the more revealing sweetheart bodice, more in line with what one would expect from a movie star.



Bianca Jagger

Neither a princess, presidential relative nor movie star, Jagger created a sensation as a fashion rebel when she married Mick Jagger in a Savile Row-made pantsuit, also in 1971. She represented a cool jetsetter, not a princess bride.



Carolyn Bessette Kennedy

The extravagance of the mid-'80s largely went out with the stock-market crash in 1987, and wedding gowns started becoming simpler and chicer. Bessette Kennedy's bias-cut Narciso Rodriguez gown in 1996 became the quintessential wedding dress of the era, says Martini Bratten. "It was sexy, unadorned but beautifully cut. It was modern — and it came about just the time the destination wedding was picking up steam — which it was perfect for," she says.



Bluenotes

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SELECT STYLES. LIMITED QUANTITIES.

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GUYS

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\$250

GIRLS JEANS SELECT STYLES, LIMITED QUANTITIES \$**5**00

GIRLS & GUYS

OUTERWEAR

SFLECT STYLES. LIMITED QUANTITIES.

\$**5**00

Finally, a way to solve that skin dilemma

THF KIT

Microdermabrasion treatments, however ingenious, can sometimes distress your skin. Dr. Frances Jang, a dermatologist in Vancouver, has these tips to turn that mess around.

Avoid hot water, harsh

soap and exfoliants. "Cleanse water and non-lathering, soap-free formula like Cetaphil Cleanser

with cool

Gentle Skin

cetaphil.ca), or don't use a cleanser at all," says Jang.

Avoid acne products.

Their exfoliat- You're more vulnerable to

UV damage, so use a high-SPF sunscreen sensitive skin.

> • Use a plain moisturizer without anti-ag-

ing ingredients, or a soothing balm such as Bioderma Cicabio Repairing Soothing Repairing Cream (left), or La RochePosay Cicaplast (\$19, laroche-posay.ca), designed to calm distressed skin and accelerate healing. And remember, "you can't use past experiences as a measure of how your next appointment will

THE KIT IS AN AMAZING NEW DIGI-TAL BEAUTY MAGAZINE OFFERING GREAT TIPS TO HELP YOU LOOK AND FEEL YOUR BEST, SUBSCRIBE FOR FREE AT THEKIT.CA.

Kate's dress to dictate sales



Middleton copycats are sure to abound, bridalewear experts say

Kate Middleton emerges from a Rolls-Royce outside Westminster Abbev on her wedding day, she won't just be taking steps towards a life of royalty she'll be blazing a trail for future bridal wear trends.

"There's no question it will be a big impact in fashion the way it was with Lady Diana," said luxury bridal and eveningwear designer Ines Di Santo in an interview at her Toronto bridal salon against a backdrop of lavish gowns bathed in a rich range of creamy hues.

"I remember seeing (in) every window they had a copy of the Lady Diana dress. Every city," she added. "I was in Italy, there was a lady dressed up like Lady Diana. If I was in New York, there was a dress of Lady Diana. Canada, of course, I walked by (stores) and saw a lot of them."

Cynthia Martyn, owner of Sash & Bustle, a Toronto boutique featuring modern bridesmaid dresses and bridal alternatives, said while there's obvious widespread interest in Middleton's gown among fans and fashionistas, there's no doubt that designers are also taking notice.

"As soon as we have an inkling to what this dress looks like, you're going to see reinterpretations of that at every price point," said Martyn, a wedding and event planner and creative director of Cynthia Martyn Events. "Everything from the Vera Wangs of the world right down to David's Bridal that has just come into Canada with lowerpriced bridal gown options, they're going to have their version of it. So there's no doubt." The canadian press



ing properties will fur-

• Avoid sun exposure.

ther upset the skin.

JOIN US FOR THE LAUNCH OF THE MICHAEL MICHAEL KORS SPRING 2011 COLLECTION

> **SATURDAY APRIL 9TH** 9:30AM - 5:30PM

RECEIVE A COMPLIMENTARY GIFT WITH ANY PURCHASE OF \$250. WHILE QUANTITIES LAST. PRESENT THIS AD TO ENTER FOR A CHANCE TO WIN A \$1000 MICHAEL MICHAEL KORS SHOPPING SPREE.



Up and down

Dolce & Gabbana

The fashion world erupted in cheers on Friday when the duo was cleared of tax evasion charges. That's good news for celeb world, which is having a big Dolce & Gabbana moment right now.





Duffy-gate Robert Duffy, the popular CEO of Marc Jacobs International, has had a tough month. First, an intern ranted about him being a horrible boss on Twitter. Next, the company's former COO filed a lawsuit claiming that he created a

"discriminatory working

environment" by requiring

employees to pole dance.

Fashion fantasies up for bids

Bidding has begun on a vacation at the private home of Diane von Furstenberg in the Bahamas, a style consultation from Rachel Zoe and the chance to have a custom-made Barbie in your likeness. They are among the experience-oriented auction items offered by the Council of Fashion Designers of America for its Fashion & Friends for Japan charity initiative.

All proceeds raised through the online auction on Charitybuzz.com benefit the Japan Society's Japan Earthquake Relief Fund.

THE ASSOCIATED PRESS

Christophe Decarnin makes exit

Christophe Decarnin, the French designer whose sexy rocker pagoda-shouldered jackets and tiny minidresses turned Paris' once-floundering Paris house of Balmain into one of the world's hottest labels, is leaving, the fashion house said Wednesday. Speculation has swirled since the notoriously shy designer failed to appear for a bow after his fall-winter 2011-12 ready-to-wear show last month.

Yesterday's brief statement from Balmain didn't provide any details about the reasons for his departure. The associated press

Springtime window treatments

• Here comes the sun: Decorating expert Karl Lohnes offers tips on dressing up your windows

DESIGN CENTRE



KARL LOHNES HOME@ METRONEWS.CA

It's easy to see why so many people leave

their windows barely covered.

Considerations like function, style, colour and cost get most people nervous, allowing a bed sheet to do the job for them. Unless you live in the country, most of us need window treatments not only for privacy, but to keep the sun out and to dress the windows on the inside.

There are three mainstay choices for window trends this spring: draperies, shades and sheers. Here's a quick de-briefing of what they're all about and where to use them

For the past decade we've seen draperies go by the wayside to blinds but the pinch-pleated, fully lined couture-looking drapes are making a return. They are usually installed as inoperable side panels and dress up the room with fabric and colour.

Lush fabrics are what's hottest right now — shiny silks in bright colours and linen in neutral tones are most popular.

Drapes should be hung 1/3



above the window for low ceilings and ¾ above the window in a room with higher ceilings.

Never should the drapery rod be hung just at the top of the window or all the way up at the ceiling.

Draperies should not touch the floor (½ inch off the floor is perfect) which will give them a cleaner, tailored look. They need to have another fabric lining behind for fullness, body and sun protection.

Wondering what colour of drapery fabric to choose? Match it to your wall colour. A shade lighter or darker will work best, for as long as your paint colour is working in the room, then so will the drapes.

Whether it be shutters, mini blinds or sheer shades, the simple, clean look of blinds has prevailed in window fashions for quite a long time. I believe that every window needs some sort of a blind system to filter the light and offer privacy. What's fashion-forward for spring are matchstick-style roman blinds in neutral sand and driftwood tones for a rustic look, or roll-up woven sheer-weave blinds that create a smooth, slightly see-through effect.

Motorized blinds are all the rage in spaces with tall ceilings. One touch of remote (yes, another remote in our lives) and the blinds can be brought up or down.

For longevity, blinds should be similar colour/tone as the window trims. If you have white window frames then your blind should be white. For wooden trims, a neutral

linen or pale brown tinged blind will work best.

We all think of sheers as something our grandmother had in the '50s and '60s:

Kent Homes

It makes beautiful sense

shiny, see-through fabric bunched up to the living room window.

Sheers have made a return — they offer privacy

Kent Homes & Nova Scotia's LARGEST garage builder have joined forces!

and light control when closed and the softness of draperies that blinds cannot give. They are also great looking when stretched wall to wall in a room.

They'll give big impact and help to hide various uneven windows and balcony doors. Look for natural materials for blinds like gauzy linens and cottons (no shine please!). Good sheers will be custom made to sit ½ inch off the floor and will be weighted at the bottom so they hang straight down for a tailored appearance.

The easiest way to hang them is with a hospital track style rod which sits tight to the ceiling and is barely noticeable. A great option to sheers is the Luminette Privacy Sheers from Hunter Douglas (hunterdouglas.ca).

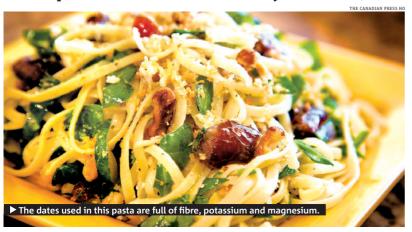




Chicken & Crispy Wonton Salad

Naturally sweeten your diet with Medjool dates

This pasta mixes sweet and savoury with dates, feta cheese & spinach



DINNER **EXPRESS**

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combination of sweet and savoury makes this Medjool 👢

Date-Nut Pasta tasty.

With fresh spinach and salty feta, the sweet tender dates are the perfect addition to the fettuccine.

dietitian Registered

Bridget Davidson says Medjool dates, with their fibre, potassium and magnesium, are an excellent addition to the diet. They are fat- and sodium-free and a serving of two dates contains 140 calories.

"They are also an excellent source of polyphenols, which can ... help to reduce some risks of some free radicals. Free radicals can cause cancer. So dates ... are one of several fruits and vegetables that can certainly add to that high level of antioxidants which we need," Davidson said.

Preparation:

- In large bowl, combine spinach, feta, dates and walnuts: set aside.
- In bowl, whisk together oil and lemon juice. Drizzle over spinach mix

Ingredients:

- 10 cups (2.5 L) spinach leaves, coarsely chopped
- 8 oz (250 g) feta cheese
- 1/2 cup (125 mL) pitted
- and chopped Medjool dates
- 1/2 cup (125 mL) chopped walnuts, toasted

and toss to coat evenly.

- Garlic Breadcrumbs: In skillet, heat oil over medium heat and cook garlic for 30 seconds: remove. Add breadcrumbs and cook, stirring until browned. Set aside.
- In pot of boiling water, cook pasta for 10 minutes or until tender but firm. Drain and return to pot. Add spinach mix and toss to combine. Divide among 6 plates and sprinkle with breadcrumbs.

THE CANADIAN PRESS/ BARD VALLEY MEDJOOL DATE GROW-

EMILY RICHARDS IS A PROFES SIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOK.CA.

- 1 lb (500 g) fettuccine Salt and d black pepper
- 1 tbsp (15 mL) olive oil
- 1 cup (250 mL) fresh breadcrumbs

ERS ASSOCIATION

- 1/3 cup (75 mL) olive oil
- 2 tbsp (30 mL) lemon juice
- **Garlic Breadcrumbs**
- 1 clove garlic, sliced

Preparation:

- In skillet, heat canola oil and fry wontons over high heat until crisp and golden, turning once. Drain on absorbent paper.
- Dressing: In bowl, whisk lime juice and zest, soy sauce, brown sugar, sesame oil, shallots and sesame seeds. Mix chicken with half of the dressing; set aside. In bowl, toss basil, mint and cilantro with arugula.

Ingredients:

oil

· 2 chicken breasts, skin-

less, bone-in, roasted and

• 250 ml (1 cup) canola

• 8 wonton wrappers

• 50 ml plus 30 ml (1/4

cup plus 2 tbsp) lime juice

• 15 ml plus 10 ml (1 tbsp

• 10 ml (2 tsp) lime zest

plus 2 tsp) soy sauce

sugar, packed

• 30 ml (2 tbsp) brown

• 15 ml (1 tbsp) sesame

• 30 ml (2 tbsp) finely

minced shallots

• 15 ml (1 tbsp) sesame seeds, plus for garnish

To assemble salad: Di-

vide arugula and herb

mixture amona 4

plates. Top with a

crispy wonton, some

chicken, slivers of red

of the dressing. Add

another layer of crispy

pepper and another 10

ml (2 tsp) of the dress-

ing. Garnish salad

stacks with green

sesame seeds and a

sprig of fresh basil.

THE CANADIAN PRESS

onion, peanuts,

wonton, chicken, red

pepper and 5 ml (1 tsp)

- 125 ml (1/2 cup) basil leaves, minced
- 125 ml (1/2 cup) mint
- leaves, minced
- 125 ml (1/2 cup) cilantro leaves, minced
- 1.5 l (6 cups) arugula (rocket)
- 1 red pepper, cut into slivers
- 125 ml (1/2 cup) chopped green onions
- 50 ml (1/4 cup)
- chopped peanuts
- 4 sprigs basil



CBC TV's Best Recipes Ever has been turned into a collection of recipes from the show's first two seasons

Kary Osmond knows her way around the kitchen and has been familiar with culinary undertakings since she was six.

"I helped in my parents' Ukrainian deli in Mississauga (west of Toronto), getting platters ready for banquets and other events," says the 32-yearold host of CBC TV's show Best Recipes Ever, which airs weekdays at 3 p.m.

It's a gig Osmond has aspired to for years. She alwavs dreamed of having a cooking school or show.

After graduating from the chef's program at Toronto's George Brown College, she landed a posi-



tion at a restaurant.

In her spare time, she was an avid viewer of the Food Network Canada and Canadian Living Cooks.

So it was fortuitous that

she would be chosen for Best Recipes Ever, because, coincidentally, Osmond takes advantage of Canadian Living Magazine's vault of recipes and mealtime solutions on the show.

Busy home cooks can now also find many of those same recipes in one collection entitled Best Recipes Ever: Easy, Affordable, Healthy Meal Solu-Evervdav tions for Occasions (Transcontinental Books, \$29.95, paperback).

It showcases all of the recipes featured on the show's first and second

THE CANADIAN PRESS



Couturier takes top Q honours

Sean Couturier was named most valuable player at the QMJHL's Golden Puck awards gala last night in Montreal.

Couturier, a top prospect for June's NHL draft who enjoyed a 96-point campaign, took home the Michel Briere Trophy and the Mike Bossy Trophy as the league's top prospect.

Halifax Mooseheads defenceman Pascal Amyot was edged by Chicoutimi's Nicolas Therrien for the Marcel Robert Trophy as scholastic player of the year. Charles Hudon, also of the Sags, edged Mooseheads right-winger Martin Frk for the RDS Cuprookie of the year.

Bruins and Habs will hit Halifax

The NHL pre-season is returning to Halifax.

The Montreal Canadiens and Boston Bruins announced yesterday they will face off at the Metro Centre on Sunday, Sept. 25, at 7 p.m. Tickets, priced at \$64, \$84 and \$94, go on sale Saturday at 9 a.m.

There were no NHL exhibition games in Halifax last season.

The Ottawa Senators and Florida Panthers met in Halifax in 2009, while the Bruins played the Canadiens and Detroit Red Wings in 2008.

METRO

Rainmen stun Cavs with win

• First franchise playoff win ends Cavalry's 33-game home winning streak





The Lawton-Fort Sill Cavalry may have written off the Halifax Rainmen too soon.

Just four days after Cavalry head coach Michael Ray Richardson declared the Premier Basketball League best-of-three semifinal "over," the Rainmen stuck it to him with a 91-81

victory in Oklahoma last night.

The win ended the Cavalry's sensational 33-game home winning streak at Great Plains Coliseum and forces a deciding Game 3 on Friday night in Oklahoma.

"We always thought we could beat Oklahoma, we never doubted it for a second," said Rainmen head coach Mike Evans. "With the right opportunity and the right pieces in place, we knew we were just as good as any team in the league."

The Rainmen led from wire to wire, storming out to a 10-0 lead off the opening tip and grabbing a 28-12 edge after the first quarter. They led by as many as 28 points in the second half and hung on as the Cavalry closed the final gap to 10.

But out of the big win came some bad news. Forward Josh Dollard, who returned from a torn calf muscle in Game 1, re-injured himself late in the game.

Evans said the six-footnine Dollard is unlikely to play on Friday.

play on Friday.
"I doubt it," said Evans.
"I think it's over. I think
he's done. We'll know
more (today)."



QMJHL awards



Harold MacKay, widely considered the founder of the **Halifax** Mooseheads, was inducted into the OMIHL **Hall of Fame last** night. MacKay, a Louisburg native, was inducted with three ex-players: Vincent Damphousse, **Martin Lapointe** and Robert Desjardins.



Judge urges NFL and players to start talks

As she wrapped up the hearing on the legality of the NFL lockout, the U.S. federal judge overseeing the case said she would take "a couple of weeks" to rule on the players' request to return to work.

U.S. District Judge Susan Richard Nelson, however, urged the two sides not to wait that long.

"It seems to me both sides are at risk, and now is a good time to come back to the table," Nelson said, noting her willingness to facilitate the resumption of talks toward a new collective bargaining agreement that would put U.S. pro football back on track.

Owners and players failed to reach that goal last month. The injunction request — that asks the judge to immediately lift the lockout on the grounds that the players' careers are being irreparably harmed — was the sole purpose of yesterday's hearing.

THE ASSOCIATED PRESS

Nicklaus protective of record

If Tiger Woods wins his 19th major championship, Jack Nicklaus wants to be there to shake his hand.

That said, the Golden Bear won't be all that unhappy if Woods comes up short.

"Why would I want to give up my record?" Nicklaus said yesterday, shortly after arriving at Augusta National wearing the green jacket he earned for capturing six Masters titles. "Why would I say that?"

Nicklaus used to say it was a mere formality that Woods would eclipse his record of 18 major titles.

Then, it all fell apart for Woods. His marriage crumbled and his golf game has yet to recover.

"I think Tiger will probably break my record," Nicklaus said. "I hope I'm around to see it if he does. But nobody wants to see their record broken."

THE ASSOCIATED PRESS



Stoughton's 9-0 rink in ideal spot with playoffs on horizon

Canada's Jeff Stoughton secured a playoff berth and a top-two finish in the preliminary round at the Ford World Curling Championship in Regina yesterday. Victories over Sweden and the Czech Republic put Canada at 9-0 with four draws remaining in the preliminary round. Stoughton's Winnipeg rink remained the only unbeaten country in the 12-team field.

Canada downed Sweden's Niklas Edin 10-6 after beating Jiri Snitil of the Czech Republic 9-4. The No. 1 and No. 2 rinks meet tomorrow with the winner advancing directly to Sunday's final.

Jays look at Big-O

• President and GM discuss the possibility of bringing MLB back to Olympic Stadium

Toronto Blue Jays president Paul Beeston says he's open to the idea of realizing the dreams of some Quebec fans and bringing his team to Montreal's Olympic Stadium for a visit.

"Certainly we would like to play a game in Montreal or in Quebec at some point in time," Beeston told The Canadian Press.

"I think it would be a terrific idea."

Montreal has been without its own baseball team since Major League Base"I grew up there, became a baseball fan there with the Expos."

BLUE JAYS GM ALEX ANTHOPOULOS

ball moved the team to Washington in 2004 and changed the name to the Nationals.

The Blue Jays do have a Montreal connection — general manager Alex Anthopoulos was born in the city.

city.

"We actually have a
Montreal-born general
manager whose family is
still there, whose roots are

in Montreal, so it would be like him taking his team home," Beeston said.

Beeston made his comments in the interview in response to fan postings on a blog on the website of Montreal radio station CK-AC Sports.

Anthopoulos said it's an exciting idea.

"You never forget where you came from and I know how passionate the fan base is there, both French and English," Anthopoulos said before the Jays' 5-3 win over Oakland last night.

Fans said Beeston has to build loyalty among Montreal's Jays supporters now that some of the team's games are being broadcast in French on CKAC.

Several fans wrote that they weren't deterred when it was suggested that Olympic Stadium, the former home of the Expos, is no longer equipped for baseball.

"If we can build an 80,000-seat stadium for two U2 concerts, we can certainly spend a few dollars to stage a baseball game," wrote a man who identified himself as Frank.

Beeston noted the team played exhibition games in "the old days" in Vancouver, Ottawa and Calgary.

But he said it's too early to suggest when the team might make a swing through La Belle Province. THE CANADIAN PRESS

Bonds' defence declines to call witnesses to the stand

Barry Bonds' confident defence team rested its case yesterday without calling a single witness, just minutes are a federal judge accepted the government's request to dismiss one of the five counts against the home-run king.

Prosecutors called 25 witnesses over 2½ weeks, but the defence needed just one minute to present its side.

Once indicted on as

many as 15 counts, Bonds will face just four charges when the jury starts deliberations.

A decision could come as early as tomorrow.

THE ASSOCIATED PRESS

Colangelo refutes Knicks rumours

Toronto Raptors general manager Bryan Colangelo scoffed at the idea yesterday that he could be heading to New York when his contract expires June 30. He said his "preference is to

complete" the rebuilding plan in Toronto.

A New York Post article suggested he would be the perfect replacement for Knicks president Donnie Walsh. THE CANADIAN PRESS

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We thank all applicants for their interest, however, only those selected for an interview will be

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Crossword

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Across

- 1 Glaswegian girl 5 Without delay
- 8 Dumbfounds
- 12 Touch
- 13 de Cologne 14 Infamous lyre player
- 15 Swerve
- 16 Harem room
- 17 Rainout cover
- 18 Reach 20 Ocean-going vessel
- 22 Scram
- 26 Turkic tonque
- 29 Mystery author
- Stout 30 Hoopsters' org.
- 31 Evergreens 32 Blossom-to-be
- 33 Londoner or Liverpudlian
- 34 Lennon's lady
- 35 "Holy cow!" 36 19th president
- 37 Eagles' assembly?
- 40 Recognize 41 Gave the same old
- story
- 45 Puncturing tools
- 47 Early bird?
- 49 Concept
- 50 Sauce source
- 51 Bambi's aunt 52 Really move
- 53 Shetland —
- 54 Sister
- 55 Sea flier

Down

- 1 Volcano outflow 2 Help a hood
- 3 Fat
- 4 Shoots from a plane

5 Indiana's state flower

7 Suppressed com-

46

- pletely 8 Bit of tomfoolery
- 9 Arms
- 10 Blunder 11 Bribe
- 19 Sort
- 21 Whammy 23 "- words were
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- 25 Butter servings 26 Venusian vessels?
- 27 Galvanizing stuff

28 Home of Coney Is-6 Old man land

- - 32 Intermediate to 33 Christen
- 35 Bygone muscle car
 - 36 Weeding tool 38 Recant

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- 39 Spleen or pancreas 42 Smell
- 43 Ponce de -44 Knighted woman
- 45 Cleopatra's slayer 46 Court

48 Serengeti beast

➤ Yesterday's answer

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Sudoku

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		5				4		
4	1		6		7		8	3
				3				
8	7		5		2		4	9
		7				2		
6								1
	8		3	2	4		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	3	ь	/	8	5	1	4
1	8	6	4	2	5	9	3	7
4	5	7	9	1	3	2	6	8
8	7	1	2 3 1 5 8 7	9	4	6	5	3
6	9	5	3	8	7	4	2	1
3	4	2	1	5	6	8	7	9
7	1	8	5	4	2	3	9	6
5	3	9	8	6	1	7	4	2
2	6	4	7	3	9	1	8	5

0 0 0 0 7 0 5 4 4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PJ. You are the most amazing, and gorgeous woman alive! idk what id do without you in my life. i love you more and more each day! soo when times get ruff.. take my hand, and lets runaway!!! KROSE

Binko.

Im truly sorry for everything that has happened. I love you and you love me so lets work together to be the best we can be.

LOVE YOU PRECIOUS BINKA

Donkey,

Happy 27th Birthday and all the best to you on ur special day <3 I can't wait to spoil u with all the surprises I have planned & make ur day a super sexy time :D I love u more with each passing day & can't wait 2 share many more of ur birthdays celebrating together xoxo

LOVE, LITTLE DONKEY

Today







STAY PREPARED WITH OUR MOBILE WEBSITE. The Weather Network

TWN incorporates MSC data

Today's horoscope

T Aries March 21-April 20 Put other people's needs ahead of your own today and be happy to do so. Self-sacrifice is good. ¥ Taurus April 21-May 21 You have a talent for getting people to work together. It is a talent that will come in use.

II Gemini May 22-June 21 Someone wiser will take you under his or her wing.

G Cancer June 22-July 22 Someone you have clashed with is growing on you. In time, you two may become friends.

Ω Leo July 23-Aug.23 A money matter that has been causing you problems will be resolved.

W Virgo Aug. 24- Sept. 22 An important relationship may have been a bit strained. With love, it will be easy make up. ← Libra Sept. 23-Oct. 23 Focus on reality and don't waste your precious time on wishful thinking. Be practical.

M Scorpio oct. 24-Nov. 22 Creatively and romantically, this should be a good day but there's also some doubt.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

₹ Sagittarius Nov. 23-Dec. 21 Spend time with people you are close to emotionally.

V Capricorn Dec. 22-Jan. 20

You want to have fun, but duty is holding you back. Something needs to be done first. Aquarius Jan. 21-Feb. 18

You may have big ideas and big plans but how are you going to finance them?

H Pisces Feb. 19-March 20.Get

urgent tasks out of the way first — after that the day is your own. SALLY BROMPTON





Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.



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